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 International, Inc.

 DELIVERING  
**WORKER SAFETY SOLUTIONS**  
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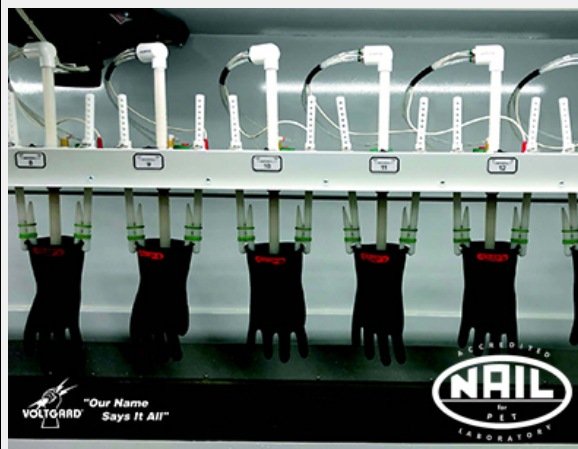
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**OFFER APPLIES TO WEB ORDERS ONLY (EXCLUDING PPE TESTING ORDERS). OFFER VALID THROUGH MARCH 31, 2023. OTHER EXCLUSIONS MAY APPLY.**

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**SAF-T-GARD**  
 International, Inc.  
 BRINGING WORKERS HOME SAFELY SINCE 1936

### Holiday Hours

DEC 23, 2022	OPEN UNTIL 12 PM CST
DEC 26, 2022	CLOSED ALL DAY
DEC 27, 2022	OPEN - USUAL HOURS
DEC 28, 2022	OPEN - USUAL HOURS
DEC 29, 2022	OPEN - USUAL HOURS
DEC 30, 2022	OPEN UNTIL 12 PM CST
JAN 2, 2023	CLOSED ALL DAY

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SafTgard.com makes it easier than ever for visitors to find exactly what they are looking for by utilizing a guided navigation layout with a fully-optimized "smart" search engine. The responsive design enables use and access to more than 6,000 products with enhanced product content and imagery on your PC, smart phone or tablet.

Moreover, existing Saf-T-Gard customers can link their account to a new SafTgard.com web login to review ALL past orders and invoices, create a "wish list" of favorite items, save carts to simplify the ordering/reordering process and so much more! Buyers without an existing Saf-T-Gard account can register for one online, or they can still search, browse and order on SafTgard.com without a Saf-T-Gard account.

We invite you to spend a few minutes at SafTgard.com, and if you haven't already, please register for an account to enable online ordering.

Click [here](#) for a shortcut to the registration page, and click [here](#) for detailed

## Vendor Product Spotlight: SureWerx K1 Series® Mid-Sole Intrinsic Ice Cleats



Certification is important. That's why SureWerx has done the testing to keep your team safe. The **SureWerx K1 Series® Mid-Sole Intrinsic Ice Cleats** are the ONLY certified intrinsically safe ice cleat in North America.

The **SureWerx K1 Series® Mid-Sole Intrinsic Ice Cleats** are the one-size-fits-all winter traction solution. The intrinsically safe design is certified to prevent sparking when working in areas where combustible material may be present. **SureWerx K1 Series® Mid-Sole Intrinsic Ice Cleats** are necessary for oil and gas, refinery, chemical, wastewater treatment, and fire rescue applications, among others. When paired with proper ESD footwear, the internationally recognized INTRINSIC certification guarantees against sparks and electrostatic buildup that can lead to explosions in volatile environments. INTRINSIC models are easily identified by their Hi-Viz red and yellow straps. There are three INTRINSIC models - Original, Low Profile and High Profile – each offers the same design characteristics as their original counterparts but are equipped with the important INTRINSIC technology required for instable and volatile environments.

Additional features and benefits include the following:

- Industrial quality built for the job
- Available in Original, Low-Profile, and High-Profile styles to provide near-universal coverage of all footwear
- Intrinsic design is certified to prevent sparking when working in areas where combustible materials may be present
- Proud to be the only fully certified intrinsic ice cleat brand in North America
- Designed for a traditional, defined-heel work boot
- Strategically placed ice-penetrating spikes provide maximum traction on ice and snow
- Easy-to-use design rotates to top of foot to allow driving, climbing, and indoor use
- Hi-Viz adjustable strap delivers a perfect fit and provides enhanced safety in low-lit working conditions
- Specially-formulated rubber pad provides maximum comfort and durability even in extreme cold weather conditions
- One size fits all — adjusts to fit a variety of styles and sizes of footwear
- Sold by the pair

Click [here](#) to shop the **SureWerx K1 Series® Mid-Sole Intrinsic Ice Cleats** online or call customer service at **1-800-548-GARD (4273)** today for more information or to place an order.

**U.S. Department of Labor Initiative  
Seeks to Protect Food Processing**

instructions on how to link your Saf-T-Gard account to a Saftgard.com web login.

### Five Safety Tips



#### 1. BULK BUYING BEGETS BARGAINS -

Disposable earplugs are available in convenient bulk dispensers that can be placed virtually anywhere hearing protection is needed.

#### 2. BREATHING

**BUDDIES** - Ambient air pumps, filtration panels and air purification systems are available in models that can support up to 8 workers on supplied-air respirators.

#### 3. WHO'S BEHIND THOSE COOL-LOOKING SHADES -

Safety glasses don't have to look like they were designed by nerds and geeks; check out the cool-looking **Saf-T-Gard® Visi-Gard® ZED Safety Glasses**.

#### 4. GET YOUR KICKS

**WITH THIS** - Protective footwear is available in a wide variety of materials and slip-resistant outsoles to meet workplace hazards head-on (and steel toe first).

#### 5. WE "HAZ"

**SOLUTIONS** - Hazardous material storage and handling includes safety cans, safety cabinets, spill-control sorbents, and the appropriate PPE to handle hazardous materials.

### QUESTIONS



**Question** - The Centers for Disease Control and Prevention (CDC) "Guideline for Hand Hygiene in Health-Care Settings" supports the use of alcohol-based hand rubs as an effective means for

## Workers in Illinois and Idaho Amid Significantly Higher Injury Rates



With injury rates among the more than 90,000 food production workers in Illinois and Ohio significantly higher than other manufacturing workers, the U.S. Department of Labor has stepped up its outreach and enforcement efforts to reduce workplace hazards and better protect workers in these states.

On Oct. 3, 2022, the department's Occupational Safety and Health Administration began the initial outreach phase of Local Emphasis Program focused on more than 1,400 manufacturing facilities in Illinois and Ohio where year-round and seasonal workers manufacture and process confectionery, animal, fruit, and vegetable-based products.

Once OSHA completes the three-month outreach effort, the program empowers the agency to schedule and inspect select food industry employers in Illinois and Ohio whose injury rates exceed the state average among all manufacturers. In April 2022, OSHA established a similar program in Wisconsin.

"With the establishment of this Local Emphasis Program, OSHA will stress to employers the importance of taking steps to identify, reduce and eliminate workers' exposure to machine hazards," said OSHA Regional Administrator Bill Donovan in Chicago. "Employers have a legal responsibility to provide a safe and healthful workplace whether workers are employed for a day, a season or year-round. This responsibility includes providing workers with training and orientation in the language they understand and making sure proper safety precautions and procedures are followed to prevent serious or fatal injuries."

Between 2016 and 2020, OSHA investigated multiple fatalities, along with dozens of workers suffering amputations, fractures and crushed hands or fingers. Investigators often determined that the employers commonly **failed to control hazardous energy** or allowed workers to **operate machines without adequate guarding**.

In 2019, OSHA found that food production workers in Ohio had a nearly 57 percent higher rate of amputations and 16 percent higher rate of fractures compared to the overall rates for manufacturers in the private sector. In Illinois, these workers experienced a nearly 29 percent higher rate of amputations and 14 percent higher rate of fractures when compared to rates for private sector manufacturing jobs.

In its outreach phase, OSHA will raise safety and health awareness with employers, professional associations, local safety councils, apprenticeship programs, local hospitals, and occupational health clinics. Agency representatives will also deliver presentations to industry organizations and stakeholders, and encourage employers to use **OSHA's free consultation services** to help them implement machine safety strategies and ensure compliance with OSHA standards.

As a full-line manufacturer, distributor, importer, exporter, and global supplier of personal protective equipment (PPE), Saf-T-Gard has everything your food processing workers need to remain safe and productive. Our vast product selection encompasses dozens of different product categories and features premium products that are in

decontaminating hands in healthcare settings. Is this consistent with the requirements for handwashing established in OSHA's bloodborne pathogens standard?

**Answer** - Many of CDC's hand hygiene guidelines are for infection control and patient safety, which OSHA standards do not specifically address. However, OSHA feels that these guidelines which do address occupational exposures to blood or other potentially infectious materials (OPIM) are consistent with OSHA's bloodborne pathogens standard.

In paragraph (d)(2) of OSHA's standard, the section that most appropriately addresses "handwashing" in the scenario that you describe, the following is stated: (v) Employers shall ensure that employees wash their hands immediately or as soon as feasible after removal of gloves or other personal protective equipment. (vi) Employers shall ensure that employees wash hands and any other skin with soap and water, or flush mucous membranes with water immediately or as soon as feasible following contact of such body areas with blood or other potentially infectious materials.

OSHA interprets this to mean that when an employee is removing gloves and has had contact, meaning occupational exposure to blood or other potentially infectious materials (OPIM), hands must be washed with an appropriate soap and running water. If a sink is not readily accessible (e.g., in the field) for instances where there has been occupational exposure, hands may be decontaminated with a hand cleanser or towelette but must be washed with soap and running water as soon as feasible. If there has been no occupational exposure to blood or OPIM, antiseptic hand cleansers may be used as an appropriate "handwashing" practice.

## Saf-T-Gard Spotlight



compliance with applicable American and international safety standards. We offer nearly every major brand in the industry, as well as an expanded range of Saf-T-Gard® products that combine industry-standard quality with unsurpassed value. Click [here](#) to shop them online or call customer service at **1-800-548-GARD (4273)** today for more information or to place an order.

## Cold Weather Dehydration: The Overlooked Safety Hazard



On a hot day, the sweat on your skin is a visual cue that you're losing fluids. In colder, drier air, however, sweat evaporates more quickly and doesn't accumulate on the skin in the same way. That makes the fluid loss less obvious.

During the winter, the body actually loses more fluid from respiration than on hot days. You can see this fluid loss in real-time by looking at your visible breath in the cold air. The more your body exerts itself, the more water vapor it loses this way.

The cold weather also affects the body's ability to detect thirst (an early sign of dehydration), which means that most people drink significantly less water when it's cold. Urine output also tends to increase as the cold moves blood and other bodily fluids from your arms and legs to your core.

In general, workers who are in cold conditions (indoors or outdoors) for less than two hours are at low risk for dehydration. Workers who spend most of their shift in the cold wearing heavy clothing and doing high intensity activities, however, tend to sweat fairly extensively, putting them at a much greater risk.

Examples of occupations with a higher risk of dehydration include, but aren't limited to:

- Winter construction
- Snow removal
- Food preparation and processing
- Cold storage

Older workers are also at greater risk than younger ones, as the body is less able to conserve water and effectively respond to temperature changes as it ages.

### How to Recognize Cold Weather Dehydration

The signs and symptoms of dehydration vary depending on whether the condition is mild, moderate, or severe.

Signs of mild to moderate dehydration include:

- Increased thirst (though not always)
- Dry mouth or skin
- Fatigue or mood swings
- Decreased urine output or darker urine
- Dizziness or fainting

Dehydration that progresses to a more severe state can bring about symptoms including:

- Deep yellow or amber urine
- Significantly decreased or no urine output
- Dizziness or lightheadedness affecting ability to walk
- Fever



**Ray Jackson** is a Customer Service Representative and has been with Saf-T-Gard for more than 12 years.

### What Ray likes about Saf-T-Gard:

"The people I work with. Everybody is friendly and helpful. It's a good group of people."

### What makes Ray's day:

"When I know that I've been able to help a customer, even if it's something simple."

### Ray's outside interests are:

"Golf, camping, reading and spending time with friends."



An employee is to perform work inside an electrical panel. The electrical disconnect is open and has been properly locked out. The electrical circuitry below the disconnect has been confirmed to be in a zero-energy state by a qualified person using test equipment. Does the employee need to wear full flame-resistant (FR) clothing, head and face protection and rubber insulating gloves when working on a panel that has been completely de-energized, either disconnecting and locking out the panel itself or by disconnecting and locking out a panel upstream from the panel where the work is being performed?

No. If there are no exposed energized electrical components after a person has locked and tagged out the disconnect, and verified de-energization, per the requirements of §1910.333(b)(2), then there would be no

- Muscle cramps
- Poor skin elasticity
- Lethargy or confusion
- Seizure
- Shock

While mild to moderate dehydration can be remedied by consuming fluids, severe dehydration may require medical treatment, including intravenous fluid replacement.

### **Proactively Addressing Cold Weather Dehydration Risks**

#### **Consume Lots of Fluid**

Addressing the risk of dehydration in cold weather is similar to doing so in the heat. The best thing that you can do is to ensure you have water or beverages designed to help you replenish electrolytes accessible at all times and take small sips regularly all day. 3 to 6 quarts per day (including fluid from food) is a good general guideline, but note that recommended fluid intake varies depending on a range of factors, including:

- Age
- Sex
- Physical activity level
- Temperature
- Medical conditions

You can't always rely on your thirst mechanism to tell you when you need to drink. It's not as accurate in colder weather, and this can result in your body becoming moderately dehydrated before you feel that urge to drink something. A good rule of thumb is to drink 4 to 6 ounces of fluid every 20 minutes or so to keep your fluid levels consistent throughout your shift.

It's also important to remember that it's not just water that counts as fluid. Packing fresh fruits and vegetables in your lunch can help you stay hydrated, too.

#### **Dress for the Weather**

Your body loses heat more quickly when you're wet, so dress for colder weather by wearing layers that you can easily take on or off as you get warmer or colder. Avoid using 100% cotton base layers, which are highly absorbent and pull moisture away from the body.

#### **Take Frequent Breaks in Warm Areas**

Workers should be allowed frequent breaks in warm areas that are supplied with beverages. Coffee counts, but caffeine is a diuretic. Water and electrolyte beverages are always preferable.

#### **Educate Workers**

Finally, workers should receive training about the risks and signs of winter dehydration. Many workers (and supervisors and managers) simply don't realize that this is an issue. It's only by providing adequate education that workers can take proactive steps to ensure they're getting sufficient fluid to ward off dehydration in colder weather.

Training should include how cold weather dehydration happens, what signs and symptoms to watch out for, and ways to reduce the risk.

#### **Final Words**

Dehydration is a risk for workers year-round, whether they're working in hot and humid conditions or cold and dry ones. The body needs sufficient fluids to perform properly, no matter the season.

In addition to providing warm fluids for workers, organizations should educate their employees about the signs and symptoms of cold weather dehydration and what they can do to prevent it.

Saf-T-Gard offers a comprehensive selection of Sqwincher Hydration Solutions in a variety of formulations, flavors, and dispensing options. Click [here](#) to shop them online or

potential for electric shock or arc flash.

The protective equipment mentioned would not be required. This answer pertains only to exposure to de-energized parts and not to employee exposure to any circuit parts that have not been de-energized.

However, personal protective equipment may be required by another condition independent of electrical hazards. For example, if an employee is working in the panel box and using a drill or saw that is creating flying particles, or if the employee is using a chemical that presents a splash hazard to the eyes, the eye and/or face protection may be required.

### **As I See It**



It is December 2022, and I just received a reminder that it is time to schedule my annual physical exam. Why do I share that with you? Maybe it is because there are some parallels between my annual check-up and your regular safety check-up.

First, let's look at the timing. My doctor reminds me that I should have a complete exam at least annually. When did your safety program get a complete review and examination? If it's been more than a year, maybe it's time now!

Every complete physical exam generally includes a series of tests to identify existing and potential issues. For your annual safety exam, a couple of valuable data points are your OSHA 300 log of recordables and your workers' comp claim history (parallel EKG and blood workup). We can help interpret those results and recommend appropriate actions and products.

Next, what happens if the annual exam identifies

call customer service at **1-800-548-GARD (4273)** today for more information or to place an order.

## Watch the FREE Honeywell Releases New Hand Protection Solutions for Chemical Risks Webinar ON DEMAND

**Honeywell**

Honeywell Releases New Hand Protection Solutions for Chemical Risks  
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**WATCH NOW**



This short on-demand webinar will review common risks in hand protection for workers in chemical environments which inspired Honeywell to design the new Flextril glove, incorporating QR cell phone technology to empower workers. During this webinar, you will learn:

- A general understanding of Chemical Glove Standards
- An introduction to different areas where chemical gloves are used
- How to select the proper hand protection for chemical protection
- A general understanding of Honeywell hand protection solutions
- An introduction to the newly released Flextril hand protection glove line, as well as how to use Flextril's QR technology on the jobsite

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some issues and opportunities for better health (or a better program)? You get a second opinion, right? Whether or not you're already a Saf-T-Gard customer, we can arrange for a second opinion from our team of certified Safety Equipment Experts backed by the technical expertise of our world-class supporting manufacturers. We provide safety specialists, not generalists who also sell light bulbs, copy paper, and sandpaper.

Did your physician ever recommend a new medication? Did your safety products supplier ever recommend a new product? There have been dozens of new PPE and safety products introduced over the past few years and perhaps your annual exam is a good time to see if there are new treatments and solutions available for your known or potential issues. We can help you navigate through the new product options to find the best solution for your specific applications and requirements.

Let's all stay safe and healthy, and when it comes to your company's workers and your safety program, we're here to help, because we are Saf-T-Gard International - ***Bringing Workers Home Safely Since 1936.***

Sincerely,  
Richard A. Rivkin, Saf-T-Gard CEO and Chairman of the Board

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Saf-T-Gard is a major manufacturer, distributor, importer and exporter of safety solutions for industry since 1936.

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